

## ABSTRACT

An apparatus and method for facilitating breast self-examinations and the recordation of evaluative results therefrom, wherein a thin-materialled, tight-fitting, shirt-like garment having a low-coefficient of friction and possessing breast self-examination patterns thereon is utilized to guide a user's fingers during examination of her breasts, and wherein a marking instrument is utilized to mark or ink areas of suspected abnormalities directly on the garment, thereby facilitating future identification and/or comparison with new examination results or findings. The present apparatus and method enables a user to conduct a breast self-examination by palpating her breasts from the outside of the garment, as opposed to directly feeling or contacting her bare breasts.